

3 - 2 - 1 FITNESS CALENDAR

Beginner Example

[illegible]

3 - 2 - 1 FITNESS CALENDAR

Intermediate Example

3 - 2 - 1 FITNESS CALENDAR							
Intermediate Example							
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
EXTRA PTS	PTS TOTAL	PTS TOTAL	PTS TOTAL	PTS TOTAL	PTS TOTAL	PTS TOTAL	
OFF	DFN	CFN	DFN	CFN	DFN	OFF	
EXTRA PTS	PTS TOTAL	PTS TOTAL	PTS TOTAL	PTS TOTAL	PTS TOTAL	PTS TOTAL	
OFF	DFN	CFN	DFN	CFN	DFN	OFF	
EXTRA PTS	PTS TOTAL	PTS TOTAL	PTS TOTAL	PTS TOTAL	PTS TOTAL	PTS TOTAL	
OFF	DFN	CFN	DFN	CFN	DFN	OFF	
EXTRA PTS	PTS TOTAL	PTS TOTAL	PTS TOTAL	PTS TOTAL	PTS TOTAL	PTS TOTAL	
OFF	DFN	CFN	DFN	CFN	DFN	OFF	
EXTRA PTS	PTS TOTAL	PTS TOTAL	PTS TOTAL	PTS TOTAL	PTS TOTAL	PTS TOTAL	
OFF	DFN	CFN	DFN	CFN	DFN	OFF	
EXTRA PTS	PTS TOTAL	PTS TOTAL	PTS TOTAL	PTS TOTAL	PTS TOTAL	PTS TOTAL	
OFF	DFN	CFN	DFN	CFN	DFN	OFF	

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Fig. 3

3 - 2 - 1 FITNESS CALENDAR Advanced Example									
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday			
EXTRA PTS	PTS TOTAL	PTS TOTAL	PTS TOTAL	PTS TOTAL	PTS TOTAL	PTS TOTAL	PTS TOTAL	PTS TOTAL	PTS TOTAL
OFF	DFN	CFN	DFN	CFN	DFN	CFN	DFN	CFN	CFN
EXTRA PTS	PTS TOTAL	PTS TOTAL	PTS TOTAL	PTS TOTAL	PTS TOTAL	PTS TOTAL	PTS TOTAL	PTS TOTAL	PTS TOTAL
OFF	DFN	CFN	DFN	CFN	DFN	CFN	DFN	CFN	CFN
EXTRA PTS	PTS TOTAL	PTS TOTAL	PTS TOTAL	PTS TOTAL	PTS TOTAL	PTS TOTAL	PTS TOTAL	PTS TOTAL	PTS TOTAL
OFF	DFN	CFN	DFN	CFN	DFN	CFN	DFN	CFN	CFN
EXTRA PTS	PTS TOTAL	PTS TOTAL	PTS TOTAL	PTS TOTAL	PTS TOTAL	PTS TOTAL	PTS TOTAL	PTS TOTAL	PTS TOTAL
OFF	DFN	CFN	DFN	CFN	DFN	CFN	DFN	CFN	CFN
EXTRA PTS	PTS TOTAL	PTS TOTAL	PTS TOTAL	PTS TOTAL	PTS TOTAL	PTS TOTAL	PTS TOTAL	PTS TOTAL	PTS TOTAL
OFF	DFN	CFN	DFN	CFN	DFN	CFN	DFN	CFN	CFN
EXTRA PTS	PTS TOTAL	PTS TOTAL	PTS TOTAL	PTS TOTAL	PTS TOTAL	PTS TOTAL	PTS TOTAL	PTS TOTAL	PTS TOTAL
OFF	DFN	CFN	DFN	CFN	DFN	CFN	DFN	CFN	CFN